

# *Evaluate the Quality of Your Relationship*

## **Take the Survey: He Loves Me, He Loves Me Not**

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Answer all questions by circling 1 for True or 0 for False.  
 Answer true if he does this most of the time.

**True or false; he's patient with you. He....**

	<b>True</b>	<b>False</b>
1. Quickly forgives and forgets when you make him angry or you annoy him	1	0
2. Spends more time listening and less time talking when you need him to be there for you	1	0
3. Reasons things out with you	1	0
4. Doesn't try to make you feel that you're not smart enough	1	0
5. Agrees to disagree when you don't see eye to eye	1	0

**True or false; he's kind to you. He....**

	<b>True</b>	<b>False</b>
6. Says kind words that compliment you, empower you, encourage you, and make you feel good about yourself	1	0
7. Is thoughtful, tender and has a big heart towards you	1	0
8. Shows concern when you're hurting, sad or showing some other negative disposition	1	0
9. Shares his time, possessions, blessings, and gifts with you	1	0

<b>True or false; he isn't envious of you. He....</b>	<b>True</b>	<b>False</b>
10. Isn't jealous of your possessions, blessings, gifts, or achievements	1	0
11. Rejoices when you rejoice and wants great things for you	1	0
12. Doesn't have an inflated sense of entitlement	1	0
13. Doesn't try to compete with you to show that he is more valuable than you are	1	0

<b>True or false; he isn't boastful. He....</b>	<b>True</b>	<b>False</b>
14. Doesn't brag in order to make himself feel and look good	1	0
15. Doesn't seek to be the center of attention at your expense	1	0
16. Doesn't dominate the conversation in order to exaggerate his importance	1	0

<b>True or false; he isn't proud. He....</b>	<b>True</b>	<b>False</b>
17. Doesn't always expect to be right	1	0
18. Recognizes that he has weaknesses and knows that he can be wrong too	1	0
19. Is willing to say he's sorry	1	0
20. Compromises even if he's right	1	0
21. Is open to the idea of asking for help	1	0

22. Doesn't always insist that things be done his way	1	0
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**True or false; he doesn't dishonor you. He....**

**True    False**

23. Doesn't disrespect you	1	0
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24. Doesn't swear at you, call you derogatory names or say things to intentionally hurt you	1	0
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25. Doesn't slam the door in your face, throw things at you or show signs of aggression towards you	1	0
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26. Doesn't put you down, flirt with other women, criticize you, complain about you or raise his voice at you in front of others	1	0
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27. Doesn't repeatedly let you down or string you along	1	0
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28. Appreciates that no means no	1	0
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**True or false; he isn't self-seeking. He....**

**True    False**

29. Isn't selfish	1	0
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30. Doesn't care for himself more than he does you	1	0
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31. Seeks to make you happy	1	0
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32. Doesn't want to be with you just because of what you can do for him	1	0
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33. Focuses on your needs and concerns and cares how his actions affect you	1	0
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34. Doesn't use emotional blackmail or selfish demands to get his own way	1	0
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**True or false; he isn't easily angered. He....**

	True	False
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35. Isn't easily provoked or offended	1	0
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36. Isn't quick to become annoyed or get into a temper	1	0
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37. Isn't touchy, intimidating, or confrontational	1	0
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**True or false; he doesn't keep records of wrongs. He....**

	True	False
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38. Doesn't keep a log of your mistakes	1	0
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39. Doesn't hold the mistakes or sins from your past against you	1	0
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40. Doesn't repeatedly bring up your mistakes or sins	1	0
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41. Looks beyond your past mistakes and flaws expecting greater things	1	0
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**True or false; he doesn't delight in evil but rejoices in the truth. He....**

	True	False
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42. Doesn't gloat over your guilt	1	0
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43. Doesn't rejoice when you are caught in sin or misfortune	1	0
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44. Gently says when you're wrong	1	0
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45. Helps you to do better	1	0
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46. Celebrates you	1	0
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47. Celebrates your good behavior and virtues	1	0
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**True or false; he protects you. He....**

	<b>True</b>	<b>False</b>
48. Always makes you feel safe	1	0
49. Always keeps you safe	1	0
50. Sticks by your side, even in situations that bring emotional, mental, physical or financial distress	1	0

**True or false; he trusts you. He....**

	<b>True</b>	<b>False</b>
51. Isn't suspicious of you	1	0
52. Gives you the benefit of the doubt	1	0
53. Doesn't believe the worst about you	1	0

**True or false; he is hopeful. He....**

	<b>True</b>	<b>False</b>
54. Sees potential in you	1	0
55. Believes the best about you	1	0
56. Is hopeful about your future	1	0

**True or false; he is one who perseveres. He....**

	<b>True</b>	<b>False</b>
57. Never gives up on you	1	0
58. Tells you you'll make it in every situation	1	0
59. Believes that the two of you will make it	1	0

After completing the survey add up your total score. Scores between 52 and 59 suggest you're in a very good relationship. Scores between 47 and 51 suggest you're in a good relationship. Scores between 41 and 46 suggest you two need help and could perhaps improve your relationship with counselling. Scores below 41 suggest you may need to exit the relationship.

If you scored 46 or below I encourage you to complete Survey II.